

Bring 6 cookies on a white paper plate for judging and sampling. Put your name, age, and your 4-H club underneath the plate. Bring 4 copies of your recipe on file cards (3x5 or 4x6). Your cookies will be displayed in a special area. This event does not require you to talk to judges.

Cookies will also be judged on how they look both outside and inside on things such as colors, uniformity of size, texture and moisture as expected for product, as well as how they taste.



- ☺ Protein Foods Group: eggs, nuts, seeds and soy products.
 - ☺ Grains Group: Oatmeal, flour, cereal, rice and cornmeal.
 - ☺ Fruits Group: Raisins, any dried fruits or fresh fruits.
 - ☺ Vegetable Group: Carrots, dried vegetables, vegetable juice or fresh vegetables.
 - ☺ Dairy Group: Milk, fluid or dry and cheese.
- Recipes should include ingredients representing the 5 food groups. See the example below:

You may make either a bar, drop rolled or shaped cookies. Cookies will be judged much as they will be for a fair entry, except our emphasis will be on high nutritive value.

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